Module 4 Project Assignment

Section 1: Fitness Testing

1.5 Mile Run Test Time: 8 minutes, 30 seconds

VO_2 Max: 61.2 mL/kg/min

Cardiorespiratory Fitness Category: Excellent

Section 2: Reflection

Paragraph 1

Yeah, I'm satisfied. Reaching the "Excellent" level of VO_2 max requires continuous training and precise focus. The 61.2 mL/kg/min reading on the chart gave me a positive feeling even though it was expected. The football training has given me both speed and endurance which makes me satisfied with my current condition. At twenty-two years old, it brings me great advantage to understand my body performs at a high standard because I can measure it.

Paragraph 2

Training methods significantly influence my performance levels. I don't just lift and run. My training week includes explosive lifts together with sprint drills and agility ladders and tempo runs. The combination of different training methods produces both peak power and continuous endurance capability. The results and body signals help me make my performance decisions since I monitor my progress. My sprint times, on-field stamina, and recovery all feed into each other. Real numbers demonstrate the effectiveness of this training approach because my VO_2 max exceeds 60.

Paragraph 3

What also plays a big role? Recovery and what I put in my body. I maintain strict dietary choices by eating lean protein and clean carbohydrates while drinking plenty of water and avoiding most junk foods. Sleep isn't optional either. My entire performance suffers when I fail to get at least 7-8 hours of sleep. I combine stretching exercises with foam rolling and light mobility exercises to maintain proper movement. The unappealing aspects of this system function as a secret advantage to maintain my preparedness. Training with intensity becomes impossible when your body is exhausted, so this principle keeps me fit consistently.